

Welcome

Office for State, Tribal, Local and Territorial Support
presents . . .

CDC Vital Signs

A Breath of Fresh Air: Reducing Secondhand Smoke in Multiunit Housing

February 10, 2015

2:00–3:00 pm (EST)



Centers for Disease Control and Prevention

Office for State, Tribal, Local and Territorial Support



Agenda

2:00 pm	Welcome & Introductions	Dan Baden, MD Associate Director for External Partner Outreach and Connectivity, Office for State, Tribal, Local and Territorial Support, CDC
2:04 pm	Presentations	David Homa, PhD, MPH Acting Senior Science Advisor for Epidemiology, Epidemiology Branch, Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, CDC Gail Livingston, JD Deputy Administrator for Housing Programs, Boston Housing Authority Kara Skahen, MSW, MPP Program Director, Live Smoke Free, Association for Nonsmokers-Minnesota
2:30 pm	Q&A and Discussion	Dan Baden, MD
2:55 pm	Wrap-up	
3:00 pm	End of Call	



Vital^{CDC}**signs™** Teleconference
to support STLT efforts and build
momentum around the monthly
release of CDC *Vital Signs*



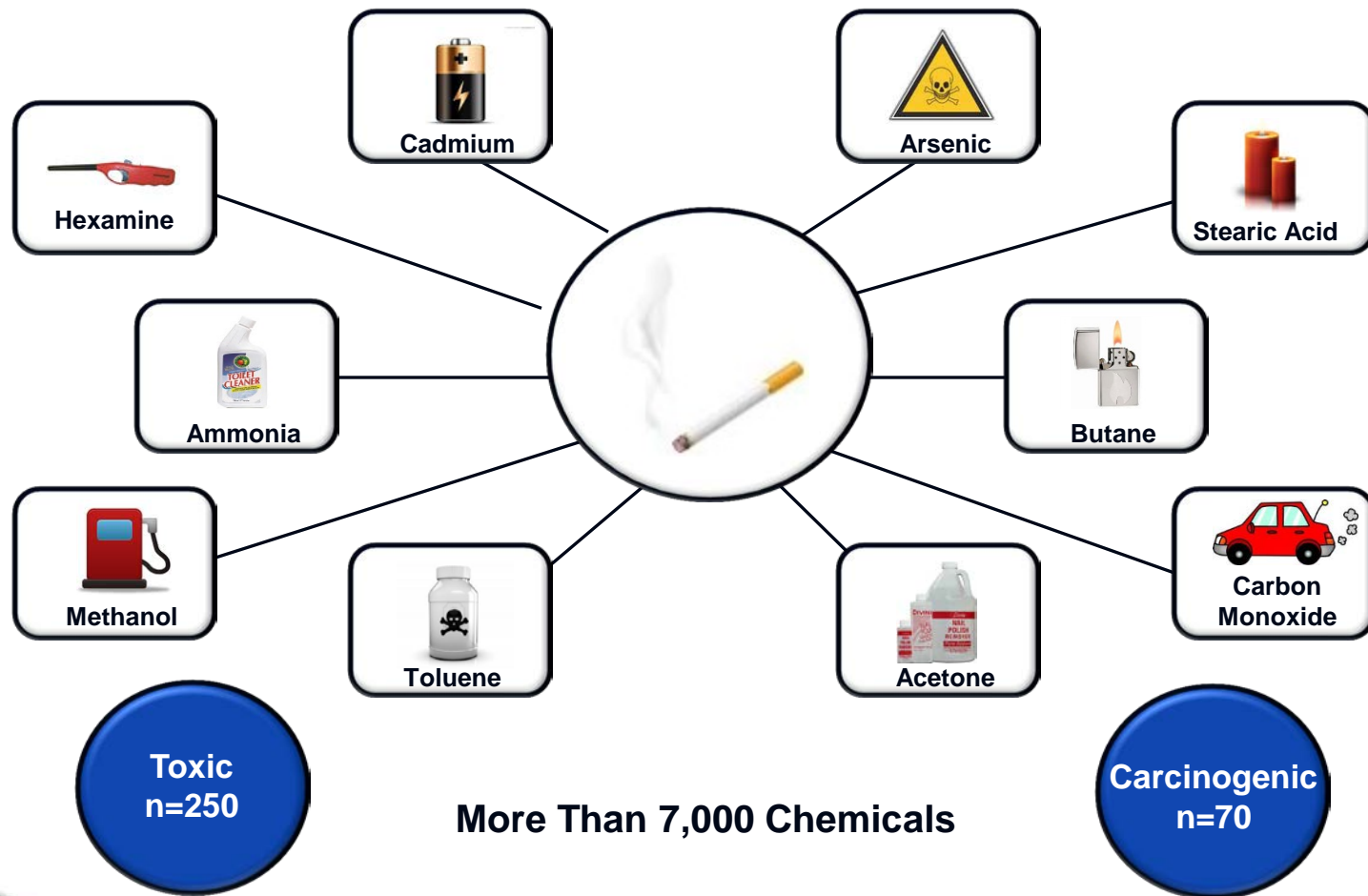
***Vital Signs* Town Hall Teleconference**

Disparities in Nonsmokers' Exposure to Secondhand Smoke—United States, 1999–2012

February 10, 2015

**David M. Homa, PhD, MPH
Senior Scientific Advisor for Epidemiology (Acting)
Epidemiology Branch**

Secondhand Smoke (SHS)



Effects of Exposure to SHS

- ❑ No risk-free level of exposure exists
- ❑ Causes disease and death in nonsmokers



Effects of Exposure to SHS

❑ Economic costs

- ~\$5.6 billion in lost productivity annually

❑ Human costs

- ~41,000 adult deaths due to lung cancer and coronary heart disease annually
- ~400 infant deaths due to Sudden Infant Death Syndrome, or SIDS, annually
- Respiratory infections, ear infections, and asthma attacks in children

Methods

❑ Data source: National Health and Nutrition Examination Survey (NHANES), 1999–2012

- Complex, multistage, nationally representative survey
- Consists of in-home interview and physical examination

❑ SHS exposure assessed using serum cotinine

- Metabolite of nicotine; reflects recent exposure to tobacco smoke
- Nonsmokers defined by self-report and serum cotinine (≤ 10 ng/mL)

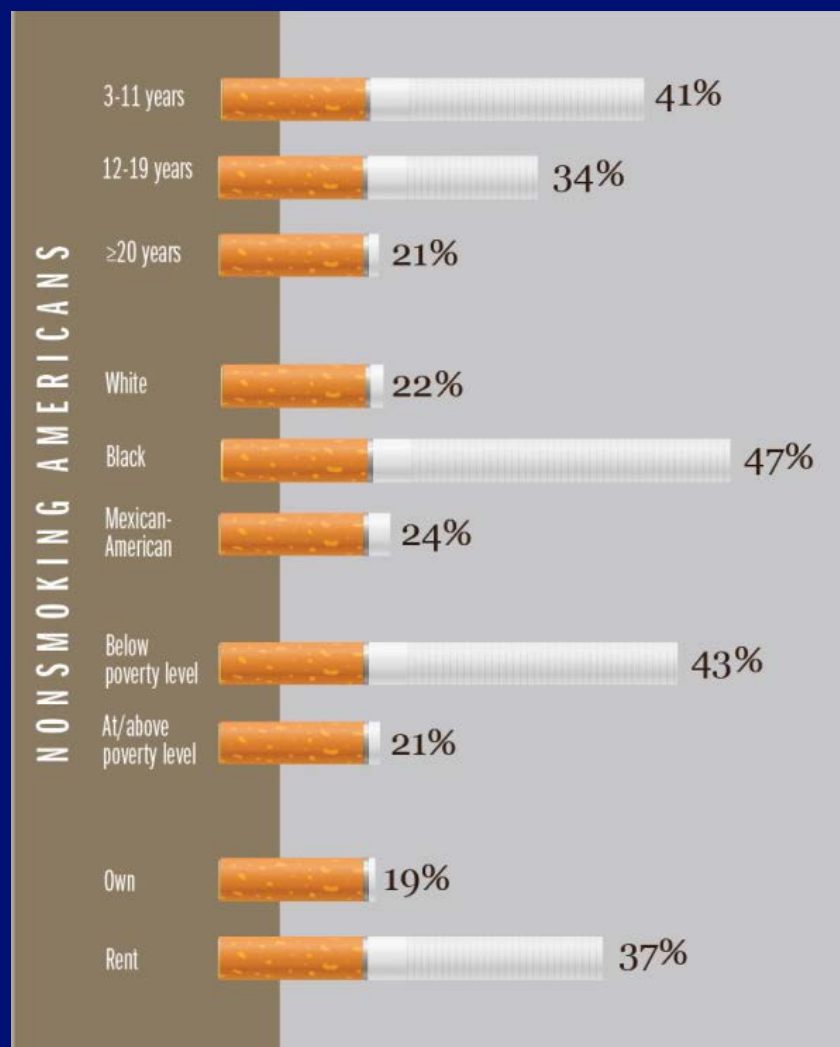
❑ Analysis

- Analyzed data overall and by demographics
- Sex, age, race/ethnicity, poverty level, education, housing status

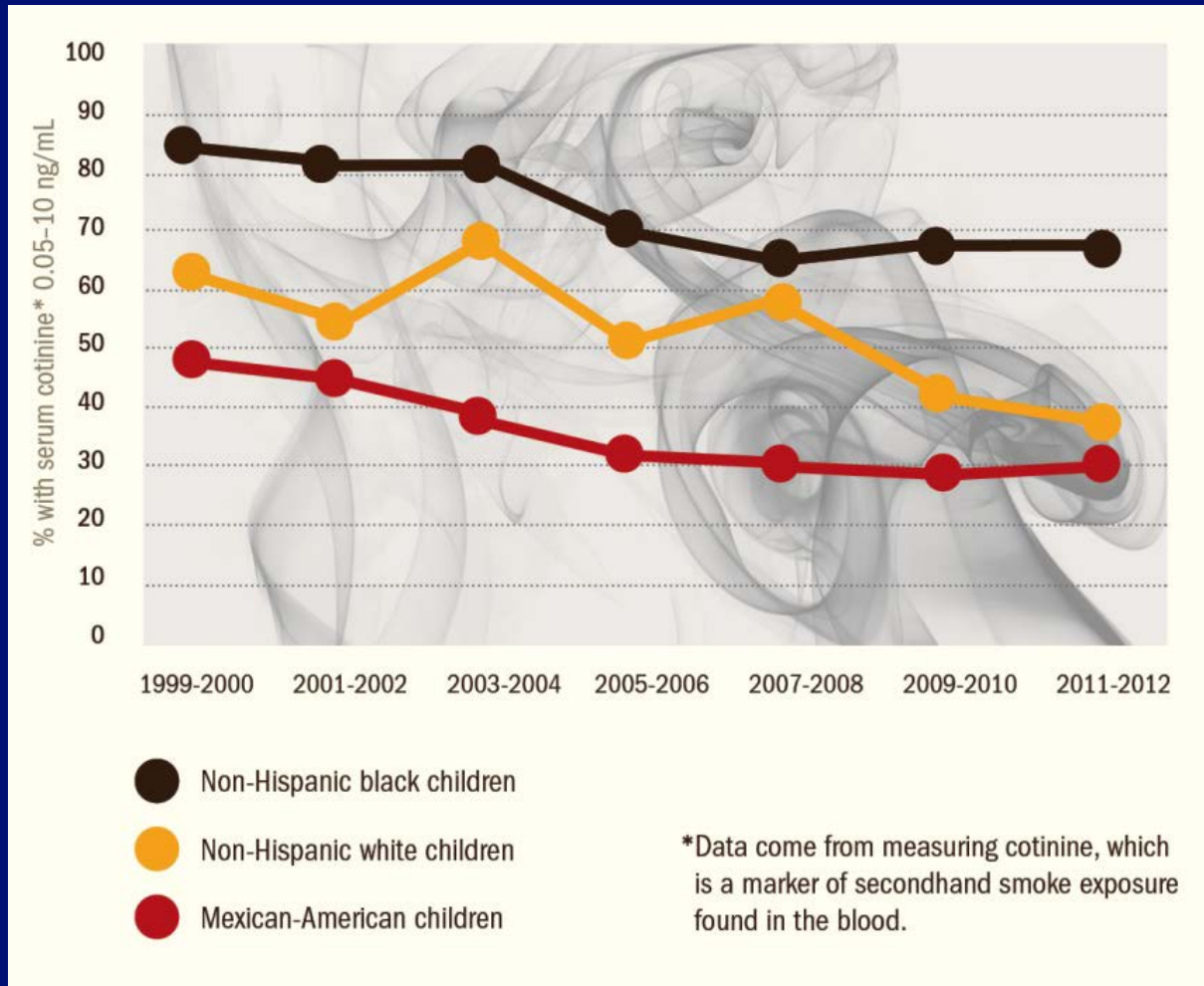
Main Findings

- ❑ **SHS exposure among US nonsmokers decreased 52% from 1999–2000 to 2011–2012**
- ❑ **Declines in all demographic groups**
 - However, smaller declines for children aged 3–11 years, non-Hispanic blacks, persons living below poverty level and persons who rent their housing
- ❑ **58 million nonsmokers (1 in 4) still exposed to SHS, including 15 million children aged 3–11 years**

Some groups have higher exposure to SHS



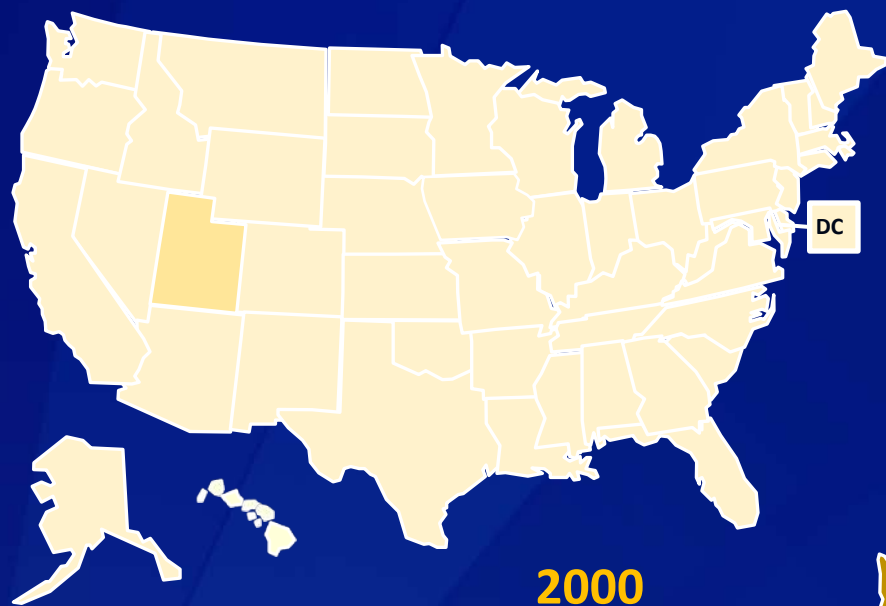
Marked Difference in SHS Exposure Among Children Aged 3–11 by Race/Ethnicity



What Can Be Done?

☐ Smoke-free policies

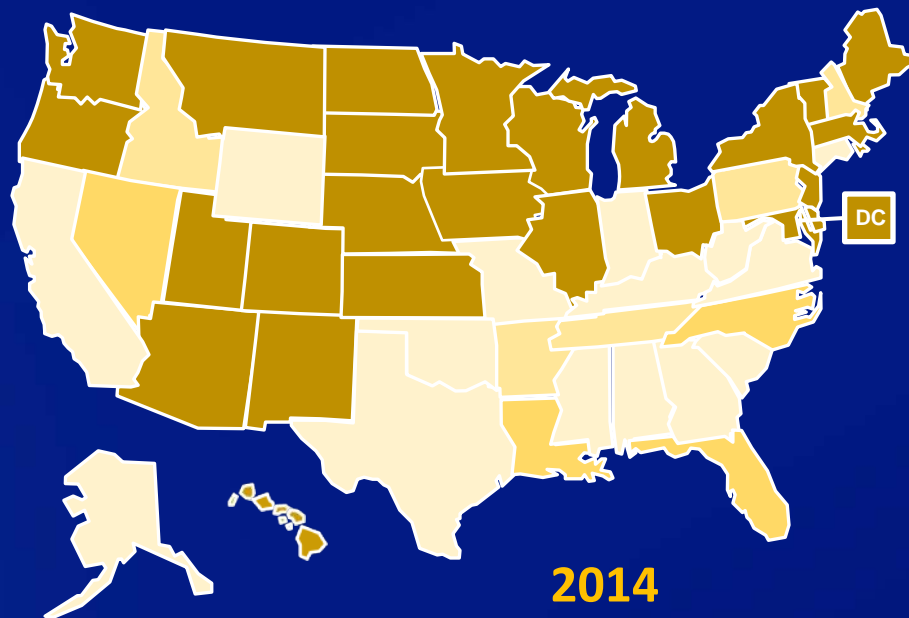
- Benefits
 - Reduce SHS exposure
 - Promote cessation
 - Increase voluntary smoke-free rules in home
 - Establish smoke-free norms
- Comprehensive policies prohibit smoking in all indoor areas of worksites, restaurants, and bars
- Expand coverage for half of US population not currently protected



2000

- No State Law/Exemptions/
Ventilation/Separation
- Partial Law
(One location)
- Partial Law
(Two locations)
- Comprehensive Law
(Worksites, bars , and restaurants)

Comprehensive Smoke-Free Laws: United States 2000–2014



2014

What Can Be Done?

☐ Smoke-free homes

- 1992–1993
 - 43% of US households had voluntary smoke-free home rules
- 2010–2011
 - 83% of US households had voluntary smoke-free home rules



Homes Are a Major Source of SHS Exposure

❑ Home exposure remains significant problem

- Primary source of SHS exposure for children
- Multiunit housing
 - ~80 million residents
 - Public and subsidized housing has high proportion of vulnerable residents (children, elderly, persons with disabilities)
 - Annual savings of \$500 million if subsidized and public housing were smoke-free



What Can Be Done?

☐ Smoke-free multiunit housing

- Encourage smoke-free policies in subsidized and public housing
- Help market-rate housing providers to adopt smoke-free policies



Contact Information

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Thank you!

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

Visit: www.cdc.gov | Contact CDC at: 1-800-CDC-INFO or www.cdc.gov/info

Visit [Vital Signs](#)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Implementing Non-Smoking Housing at the Boston Housing Authority

Gail Livingston, JD

Deputy Administrator for Housing Programs
Boston Housing Authority

Boston Housing Authority (BHA) Background



- Family and elderly/disabled units

- 12,000 units in many building types
- 26,000 residents



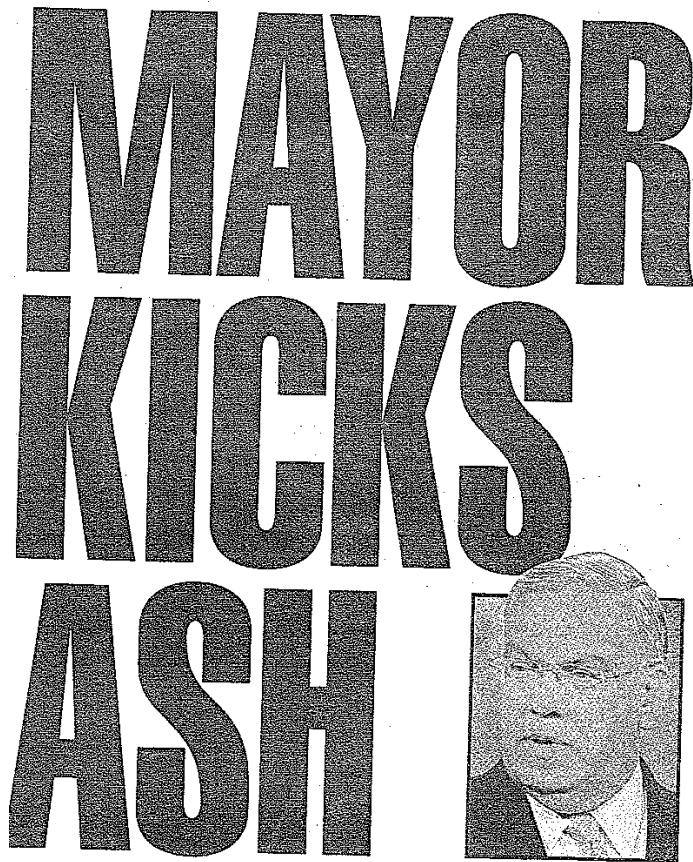


Resident Profile

- Average household income \$12,000
- Race/ethnicity
 - 38% Hispanic
 - 26% black
 - 19% white
 - 16% Asian
 - 47% English as primary language
- Three times as many rate health as poor versus nonpublic housing residents
- Asthma rates two times those in nonsubsidized housing
- 19% of households reported a smoker versus 14% citywide



Supportive Factors



Menino vows to ban smoking
in public housing projects, P. 2-3

- **Existing Policies**
 - History of participation in healthy homes projects
 - City ordinances and BHA smoke-free workplace policies
- **Public conversations**
 - BHA participation in citywide Non-Smoking Housing Initiative
 - BHA Policy Summit
- **Political Support**
 - City, state, and national



Internal Conversations

Shifting the Mindset at the BHA

- Healthy housing studies
 - Integrated Pest Management implementation
- Smoke-free pilots
 - Redeveloped housing
- Increasing transfer requests
- Surveys



Survey Results

- Mailed: 10,230
 - Responded: 2,723
- Response rate: 26.6%
- Nonsmoker support: 79.1%
- Smoker support: 10.9%
- Smoker/nonsmoker don't support: 10.0%

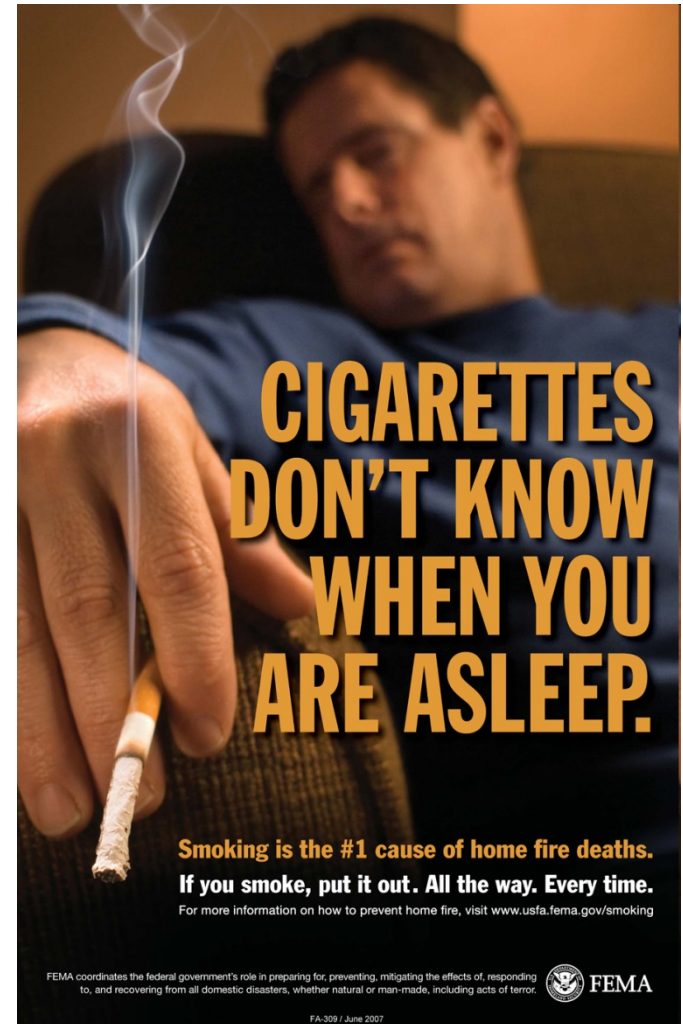


Policy Timeline

- Smoke-free, not smoker-free
- No smoking by residents, guests in all units, hallways, common areas, outside near building
- Lease enforcement/fees
- Staff training and resident meetings/support
- 2011: Leases amended
- 2012: Policy in effect

Staff Training: Health Effects, Costs

- **Secondhand smoke** is a serious health hazard
- **Increased costs** of maintenance and vacancy rehab
- Increased **risk of fire** from smoking





Resident Meetings

What is the Message?

- **Smoke travels between units** through air ducts, cracks in the walls and floors, elevator shafts, and electrical lines
- Ventilation systems and **engineering fixes cannot eliminate secondhand smoke**
- If you can smell your neighbors' dinner cooking, you will also breathe in their secondhand smoke

Eliminating indoor smoking in multiunit housing is the only way to completely protect people from exposure.



Resident Support and Cessation Services

The Boston Public Health Commission provides the following to help residents quit smoking:

- A tobacco cessation specialist for Boston public housing residents
- Free nonsmoking groups, on-site
- Nicotine patches





Smoke Free Enforcement

5-step Initial Enforcement Policy

- Manager visits, written copies of policy and complaints, private conferences, written agreement to comply, legal consult/fines
- This **go-slow process** emphasizes that BHA housing is smoke-free, not smoker-free
- Years 1 and 2 similar enforcement: 79 violation notices, 4 private conferences, no evictions for smoking alone
- Moving to new enforcement policy that treats smoking like other lease violations
- Smoking in hallways remains a problem



Lessons Learned

- Engage residents; what do they want?
- Engage health partners and other allies
- Ensure political support
- Consistent organizational support



Ongoing Issues

- More regulation for low-income families
- Other quality of life issues that are more important to residents (drugs, crime, etc.)
- Challenges of enforcement
- Reasonable Accommodation



Contact Information

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Live Smoke Free:

Healthier Buildings, Happier Residents, a Smart Investment

Kara Skahen MSW, MPP
Program Director

Live Smoke Free: Smoke-Free Multi-Housing
Association for Nonsmokers-MN

February 10, 2015





Why Smoke-Free Housing?

- **Minnesotans living in multiunit housing**
 - 21.5%
 - 504,648 units (US Census, 2010)
- **Residents of multiunit housing disproportionately**
 - Are low-wage workers, people of color, the elderly, and the young (under 18)
 - Struggle with poverty, chronic disease, mental illness, and chemical dependency
 - Are exposed to secondhand smoke at high rates
- **Members of these special populations often have limited**
 - Housing options
 - Resources to move
 - Access to health care
- **Members of these special populations cannot prevent exposure**
 - Due to secondhand smoke drift, residents cannot 100% control the air in their unit

Everyone deserves to have a healthy, safe, clean place to call home.

Societal Benefits

- Smoke-free housing policies
 - Protect priority populations from secondhand and thirdhand smoke exposure
 - Encourage people who smoke to reduce their consumption or quit
 - Help to reduce cigarette-caused fires
 - Protect housing investments
 - Save money for residents, property owners, and taxpayers
 - Smoke-free subsidized housing would save \$521 million a year
(Centers for Disease Control and Prevention, 2013)





MN Policy Approach

- Voluntary policy approach
- Beginning to adopt alternative policy options such as housing tax credits
- Work on all housing types: subsidized, market rate, public, private, common interest communities, etc.
- Partner with a number of public and private groups statewide
 - Public Health Law Center at William Mitchell College of Law





What Makes for a Good Policy?

- Written in a lease or house rules
- Defines “smoke free” and what areas of the property are covered
- Consequences for violations are clearly defined; violations may result in eviction
- No grandfathering
- 100% of indoors are covered (outdoor areas are a plus!)

Basic How-To Overview

- Survey residents and solicit input
- Create policy details and timeline
- Notify residents, staff, and guests
- Organize resident meetings (if applicable)
- Offer cessation resources
- Post signage
- Plan a celebration! (if applicable)
- Advertise and enforce the policy



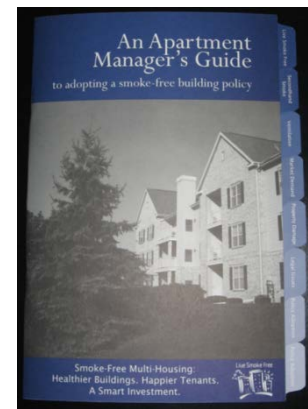


Live Smoke Free



Resources for Property Managers

3-Part "How To" Module Series



Educational Resources and Trinkets

Smoke-Free Signage



It's all FREE!





[Landlords](#) [Tenants](#) [Organizations](#)

Healthier Buildings, Happier Tenants,
A Smart Investment.

Smoke-Free Housing Directory

[Properties List](#) | [Search specific property](#)

Tenants' Legal Rights

Smoke-Free Housing Directory

Strategies for Tenants

Use the directory below to search Smoke-Free apartments and townhomes in Minnesota.

Quick Fixes

Smoke-Free Policy Benefits

Research

Secondhand Smoke Facts

Links & Resources

About Live Smoke Free

Documents Referenced:

(open as pdf; new window)

- [Legal Options for Condominium Owners Exposed to Secondhand Smoke](#)

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What area of the state do you want to search?

Metro

What counties?

Anoka
Carver
Dakota
Hennepin
Ramsey

Tip: Use the 'Ctrl' key to select multiple options.

If you haven't selected any county, the search will be made by all counties.

What cities?

Afton
Andover
Anoka
Antlers Park
Apple Valley

Tip: Our system shows only the cities in which we have smoke-free listings.

If you haven't selected any city, the search will be made by all cities.

☐ Search by City Name

City 1:



Minnesota's Statewide Smoke-Free Housing Directory

To further refine your search, you can choose from the following (choose all that apply)

Type of Housing:

- ☐ Apartments ☐ Condos ☐ Co-Ops ☐ Townhomes
☐ Market-Rate Housing ☐ Subsidized Housing ☐ Senior Housing ☐ Student Housing

Smoke-Free Policy:

- ☐ Smoke-free indoors only ☐ Smoke-free indoors and outdoors

Number of bedrooms:

- ☐ Studio / Efficiency ☐ 1 bedroom ☐ 2 bedrooms ☐ 3 or more bedrooms

Monthly Rent Price Range:

\$ No Minimum to \$ No Maximum

Choose amenities (optional):

- | | | |
|---|--|---|
| <input type="checkbox"/> Air conditioning | <input type="checkbox"/> Garage space available | <input type="checkbox"/> Party room |
| <input type="checkbox"/> Billiard room | <input type="checkbox"/> Heat included in rent | <input type="checkbox"/> Patio or deck |
| <input type="checkbox"/> Car wash bay | <input type="checkbox"/> High-speed Internet service | <input type="checkbox"/> Pets allowed |
| <input type="checkbox"/> Concierge service | <input type="checkbox"/> Indoor pool | <input type="checkbox"/> Playground |
| <input type="checkbox"/> Controlled access system | <input type="checkbox"/> Laundry facility | <input type="checkbox"/> Utilities included in rent |
| <input type="checkbox"/> Dishwasher | <input type="checkbox"/> Off-street parking | <input type="checkbox"/> Washer & dryer in unit |
| <input type="checkbox"/> Elevator | <input type="checkbox"/> On-site management | |
| <input type="checkbox"/> Exercise facility | <input type="checkbox"/> Outdoor pool | |

[SEARCH OUR SMOKE-FREE HOUSING DATABASE](#)

Scope of Work: Training & Technical Assistance

Statewide and National Technical Assistance

Resources Live Smoke Free can offer

- Individual consultations (including site visits), strategy development, and educational materials
- Sample implementation tools
 - Smoke-free lease addendums in multiple languages
- Training resources for staff
- Educational resources to provide to property managers



Photo Credit: Kelly Corbin,
Olmsted County Public
Health Services

Outcomes

- Smoke-Free apartments in Minnesota
 - 2007: 50 properties
 - 2015: 1,600+ properties
 - Over half of all Public Housing Authorities
- Thousands of Minnesotans protected from secondhand smoke
- Exposure to secondhand smoke at home:
 - 2003: 16.9%, 2007: 12.0%, 2010: 9.5% (Minnesota Adult Tobacco Survey, 2010)



Photo Credit: Kelly Corbin, Olmsted County Public Health Services

Lessons Learned

- Communicate and partner with other local grants
- Track your progress, keep in touch with managers that have already gone smoke free
- No need to reinvent the wheel; connect with a local program
- Utilize appropriate messaging
- Maintain a strong web presence
- Have fun!



Resources for Smoke-Free Housing Advocates

Connect with a Smoke-Free Housing Program near you!

Global Directory of Smoke-Free Multi-Housing Programs:

<http://www.mnsmokefreehousing.org/organizations/Resources>



“Developing a Smoke-Free Multi-Unit Housing Program”
A Guide for Tobacco Control Professionals



Resources for Smoke-Free Housing Advocates

“An Apartment Manager’s Guide to Adopting a
Smoke-Free Building Policy in the United States”
Booklet for Property Managers

Model Smoke-Free Lease Addendum

- Available in English, Spanish, Hmong, Oromo, Somali, Vietnamese

<http://www.mnsmokefreehousing.org/materials>



“Smoking & Special Populations” Booklet

Addressing Myths & Reducing Barriers to Providing Smoke-Free
Housing for Individuals with Mental Illness, Chemical Dependency
or Those who are Homeless





Contact Information

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www.mnsmokefreehousing.org



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<http://tools.cdc.gov/syndication/search.aspx?searchURL=www.cdc.gov%2fvitalsigns>

Vital Signs interactive buttons and banners

www.cdc.gov/vitalsigns/SocialMedia.html

Prevention Status Reports

- ❑ The Prevention Status Reports (PSRs) highlight—for all 50 states and the District of Columbia—the status of public health policies and practices designed to prevent or reduce 10 important public health problems.

Topics	
 Excessive Alcohol Use	 Motor Vehicle Injuries
 Food Safety	 Nutrition, Physical Activity, and Obesity
 Healthcare-Associated Infections	 Prescription Drug Overdose
 Heart Disease and Stroke	 Teen Pregnancy
 HIV	 Tobacco Use

<http://www.cdc.gov/psr/>

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